



## Mountaineering Cup of Russia 2008 Press release

From July, **11 till July, 30th, 2008** on Caucasus, in **gorge Uzunkol**, the **Russian Mountaineering Federation** together with Russian outdoor-company RedFox spends the big Festival of mountaineering and extreme kinds of sports.

The basic action of Festival is the Mountaineering championship of Russia.

**Climbers from all over the world are welcome to take part in this event.**

Structure of a team - from 2 up to 4 persons and one representative of a team.

The most popular tops of Western Caucasus (Uzunkol region) are planning as the objects of these competitions - Dalar, Dolomite, Kirpitch (Brick).

The program of ascents will include the routes of the hardest categories of difficulty –TD (5 Russian Grade) and ED (6 Russian Grade).

The Championship will be divided into two steps - as the classical scheme of the Russian internal Mountaineering Competitions.

**The first stage** will be qualification (or so-called "School") - all athletes of each team will take part. It is accessible to spectators, the short **multi pitch route** (3-4 pitches). The teams will compete there in speed and technics on rock-climbing line.

**At the second stage** the teams will climb on the tops (from special rating list)

### The program

**July 11:** Arrival and registration at the base of Uzunkol

**July 12:** Inauguration of the Festival.

**July 13-14:** Competitions in the disciplines of speed and technique with a short multi pitch route (3-4 pitches). Competition area will be easily accessible to spectators.

**July 15-28:** Ascents of peaks.

**On July 29:** Official award ceremony

**Application:** by e-mail [yakovenko1@yandex.ru](mailto:yakovenko1@yandex.ru) or [irina@ullutau.ru](mailto:irina@ullutau.ru)

Application deadline: May, 30th, 2008  
Without application fee.

**More information:** [irina@ullutau.ru](mailto:irina@ullutau.ru)

# **Conditions of the Women's Mountaineering Cup**

## **1. Competition brief description**

The Women's Mountaineering Cup is pursued under Russian Mountaineering Championship and Mountaineering Festival for the purposes of:

- Mountaineering advancing and popularization;
- Searching of best women's teams;
- Advancing sportsmanship.

## **2. Place and time intervals of the competition**

Place: Russia, Karachayevo-Cherkess Autonomous Region, Caucasus Mountains, Uzunkol Valley.

Mountains: Dolomiti, mt.Dalar, mt.Kirpitch. Final list of mountains and corresponding route ratings will be defined before competition.

Route categories: from 3A to 6A (In North American system that means from III to VI, approximately; from D+ to ED; Russian category system divides each category (1-6) into two subcategories (A/B), e.g. 4A, 5BÖ However, 6A doesn't always correspond with VI or ED. Teams will be provided with route schemes in UIAA symbols, comprising maximum climbing category (French) and AID climbing category, so they'll be able to rate routes in their own category system. The main idea is that you'll be able to choose routes from medium to the highest level).

Dates: July 11-30, 2008

## **3. Initiators and sponsors**

Initiator: Russian Mountaineering Federation (hereafter RMF).

Responsible organization: Judging panel is responsible for competition pursuing.

Competition Chief Referee: Yakovenko A.N

## **4. Claims on competitors**

A team must be experienced enough and be sure in its members abilities. Competitors should also realize all risks that involve mountaineering. However, competition initiators will provide maximum security, mountains are unpredictable.

Team leader and coach are in charge of team's list.

A team can contain from 2 to 4 women members + 1 coach.

Competitor must have their own set of gear. Judges can check it any time.

## **5. Penalties and disqualification**

Safety and belay technique violation at the dangerous route section result in penalty points for a team according to the table of penalties (see "Set of Rules of the Russian Mountaineering Federation's Open International Women's Mountaineering Cup").

Judging panel is responsible for determination of dangerous route sections.

In case of accident in ascent or descent situation, the team will be disqualified.

## **6. Competition program**

July 11 - Mountain camp Uzunkol. Arrived team's registration

July 12 - Before team coach or representative must give Chief referee the shortlist of members, copies of their insurance policies and fill in requisition forms. Training session.

10 am – 7 pm. Credentials commission proceedings.

7 pm. Proceedings of the judging panel and members.

7.30 pm – 8 pm. Drawing procedure.

July 13-15. Qualification.

Teams can ascent mountains from July 15 till July 27. Deadline is July 27, 3pm.

July 29. Judging panel's proceedings.

Competitions are pursued according to the "Rules"

## **7. Other conditions**

Team is forbidden to split up and ascend different routes

Team placement is defined upon the sum of the points for ascents.

Team that earned maximum amount of point is the best.

Final conditions will be defined by the judging panel before the beginning of the competition.

## **8. Awarding**

### **9.**

Winning team is awarded the Prize of the Open International Women's Mountaineering Cup.

1-3 positions will be awarded medals and RMF diploms.

Sponsors and other organizations may provide additional prizes.

## **9. Conditions of financing**

All expenses (transfer, food, accommodation) are to be financed by sending organizations, sponsors, or team members personally.

## **10. Entries**

### **11.**

Send entries via email: [yakovenko1@yandex.ru](mailto:yakovenko1@yandex.ru), [irina@ullutau.ru](mailto:irina@ullutau.ru) on or before May 30, 2008

Official application is to be signed by a team's coach or representative and provided to the credentials commission along with member's documents and personal cards.

The competition is free.

Send all your questions to: [irina@ullutau.ru](mailto:irina@ullutau.ru)



## THE OPEN CUP OF WOMEN'S MOUNTAINEERING TEAMS Press release

**Russian Mountaineering Federation will organize the big Mountaineering Festival on Caucasus, Uzunkol gorge, July 11-30.**

The leading athletes in rock-climbing, mountaineering, base-jumping, multirunners will take part there.

**The Open Women's Mountaineering Cup** is the part of the program – it is the first time the RMF organizes such kind of competitions in Russia. The Grivel company provides the Cup with the Unique Prize, "**Guardian-Angel**" of the Women's Cup.

Female climbers from all over the world are welcome to take part in this event.

Grivel Team, comprising Anna Torrete, the famous Italian woman climber, with a partner, will compete with other teams in the Cup.

The most popular tops of Western Caucasus (Uzunkol region) are planning as the objects of these competitions - Dalar, Dolomite, Kirpitch (Brick).

The main goal of Women's Cup is an experience exchange between women-climbers of different countries and popularization the female mountaineering in Russia. The program will include routes of a different difficulty grade - **from routes D-** (3 Russian Grade) up to routes of **the most complex level ED** (6 Russian Grade). Each team can choose routes accessible to their technical and physical level.

The Cup will be divided into two steps - as the classical scheme of the Russian internal Mountaineering Competitions.

**The first stage** will be qualification (or so-called "School") - all athletes of each team will take part. It is accessible to spectators, the short **multi pitch route** (3-4 pitches). The teams will compete there in speed and technics on rock-climbing line.

**At the second stage** the teams will climb tops (from special rating list)

The team consists of 2-4 persons. The team can take the photographers - organizers will prepare the Base Camps and additional places for journalists, where they would make magnificent pictures for team's sponsors and media.

## **The program**

**July 11:** Arrival and registration at the base of Uzunkol

**July 12:** Inauguration of the Festival.

**July 13-14:** Competitions in the disciplines of speed and technique with a short multi pitch route (3-4 pitches). Competition area will be easily accessible to spectators.

**July 15-28:** Ascents of peaks.

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**Application:** by e-mail [yakovenko1@yandex.ru](mailto:yakovenko1@yandex.ru) or [irina@ullutau.ru](mailto:irina@ullutau.ru)

Application deadline: May, 30th, 2008

Without application fee.

**More information:** [irina@ullutau.ru](mailto:irina@ullutau.ru)

## **Set of Rules**

Of the Russian Mountaineering Federation's Open International Women's Mountaineering Cup 2008

(Caucasus Mountains, Uzunkol Valley, July 11-30)

### **1. Place and time intervals of the competition**

The competition will take place at the Uzunkol valley of the Caucasus Mountains. The competition is divided into two rounds, and will last from July 11 till July 30 2008, in accordance with the "Conditions of the Women's Mountaineering Cup" and current "Rules".

If necessary, and in case of majority voting, the judging panel in association with team's representatives may change the following "Rules".

At the 1<sup>st</sup> round of the competition, teams (in full muster) are to take part in the Qualification.

At the 2<sup>nd</sup> round, teams are to ascent mountains. Team can choose a mountain that is in the special list, which comprises the names of the summits and corresponding route's ratings. The List will be confirmed by the Judges before the beginning of the competition.

### **2. Claims on competitors, conditions for permitting and the competition schedule.**

**July 11.** Alpine camp Uzunkol. Arrived team's registration. A team should have at least two radio transceivers of the same frequency. One of the transceivers should be at the judging panel or team representative. A team representative must inform the judging panel about status and location of the team after each radio communication session. Time of radio communication sessions will be defined for all teams before the second round of the competition. The judging panel will provide teams with photos of summits and descriptions of corresponding routes.

**July 12.** Before 11.45AM team members must give Chief referee the shortlist of members, copies of insurance policies, a list of ascended routes, verified by member's signatures, and fill in requisition forms.

**12 am.** Opening ceremony

**1:30 pm – 3 pm.** Credentials commission proceedings

**3:30 pm – 5 pm.** Proceedings of the judging panel and members, revision of the table of route ratings.

**6:30 pm – 7 pm.** The drawing procedure for the Qualification.

### **July 13-14**

**9 am - 7 pm.** Qualification.

#### **A. The Qualification route.**

1. Before the beginning of the qualification, qualification route will be ascended by judges.
2. Distance between two team's nearby protection points should not exceed 4m (judge's pros should be clipped in anyway).
3. Teams may set up belay only at the special belay stations. Members may use protection at these stations in purposes of belay and self anchoring, provided the belay is correct. Rappel can be set up only at the special rappel points and biners.

#### **B. Qualification rules**

1. Before the beginning of Qualification, all competitors should be ready for climbing and belaying.
2. Each team member should lead at least one part of the qualification route. (The leader should be changed at least one time after ascending a full pitch). Leader is considered to be changed if the second climber has reached the belay station and anchored to it.
3. The team is considered to finish the route only after the last member crossed the finish line with all her gear, or after the fall of the whole rappel rope.

A team, succeeded in Qualification may take part at the second round (ascent) at once.

Ascent requests are to be filled in a special form and given to the Chief Judge after the Qualification.

### **July 14-27, second round (ascents).**

Time of ascent beginning and finish is written down at the application by judges. Judges observe teams ascending the routes.

A team may ascent in any possible climbing style, but cannot set up protection before official beginning of the ascent. Descent routes will be defined before the beginning of the second round.

Team must provide the judging panel with a summary report of the ascent, so called "**Passport**" after each ascent. The Passport should be filled in before the second ascent. **Passport** should be attached with a special electronic card. Electronic card is to be registered at each control point at the route.

#### **Order of ascent priorities is defined by the judging panel.**

In case of coincidence of two different team's ascent time at one route, the priority is defined upon the following factors:

- a. The earliest descent from the first route (in the following format: /day, hour, minute/);
- b. Drawing procedure.

### **July 27**

All teams must complete their programs and return to the base camp before 3 pm, and provide judging panel with filled in Passports of the final ascent.

### 3. Competition summing-up.

July 29

9 am – 11 am. Judging panel's proceedings. Summing up.

Team placement is defined upon the sum of the points for **Qualification** and in accordance with the "**Valuation method of mountaineering competition**". Points' calculation for qualification comprises ascent speed and penalty points. Points' calculation for ascent includes route rating and ascent time (from beginning of the route to the summit). Team that earned maximum amount of point is the best.

In case of coincidence of two different team's amount of points, team placement is determined upon following factors:

- Higher sum of ratings of successfully ascended routes;
- Earlier ascent at each summit.

12 am. Declaration of the competition results. Closing ceremony

### 4. July 30. Competitors' departure

### 5. Special case

In the second round, the ascent begins when the first member of a team crosses the start line (marked on a photo), that can be a bergschrund, or a crack, or, if there is no one, ascent begins when the first member of a team ascends more than 2m of the first pitch (R1).

Before the beginning of ascents, route ratings are qualified with team members. Any issue is to be solved by voting.

Command list may be changed only before the beginning of the first round. Team cannot change its list further. In case of force majeure (e.g. one member has got ill); change is possible, upon voting of the judging panel and team members. Member that's got ill cannot be restored in the command list. If a member is changed, the team gets -20% to the total amount of points for the qualification or ascents.

In case of any other questions, not specified in the current "Rules", the decision is up to the judging panel, and involves discussion and voting with team members.

Chief referee Yakovenko A.N.

Chief scorer Fedorov O.K.

### Valuation method of mountaineering competition

I. Total amount of points for qualification is calculated by the following expressions:

$$P_Q = (2 \cdot T_b) / T_{tm}; \text{ and}$$

$$T_{tm} = t + T_p,$$

where  $P_Q$  – is the amount of points for the qualification

$t$ - is a time, elapsed for the ascent by a team

$T_b$  – is the best ascent time;

$T_{tm}$ - is a time, elapsed for the ascent by a team, comprising all penalties

$T_p$ -Penalty time (defined upon the table, app.1)

II. Total amount of points for ascent  $P_A$  is calculated upon the following 3 groups of indexes, comprising:

1. Route characteristics (2 x R)

**R** is for Rating, based upon the technical and tactical level of the route. Rating is defined before competition by the judging panel in association with team members. R is a conditional amount of days, that will take a harmonious team of three members to ascent the route.

In case of ascent made with deviations from the original route, rating is defined by the judging panel after descent, but not higher than former rating and not later than 2 hours after filling in the passport.

E.g. 10% deviation from the original route lowers total rating by 10% etc.

2.  $E_R$  is an exploration level of the route

=0,2 for the 2<sup>nd</sup> ascent

=0,1 for the 3<sup>rd</sup> ascent

=0 otherwise.

3.  $T_A$  is a multiplier for ascent time, where

$T_A$  is the ascent time, counted in days. Calculated as the total ascent time divided by 14 (amount of hours counted as a day).

$P_A$ , amount of point for the ascent, is calculated by the following expression:

$P_A = 2 \times P + E_R - T_A$  (accurate to 2 decimal place)

III. Team placement is defined by the sum of total points ( $P_T$ )

$P_T = P_Q + P_{A1} + P_{A2}$ ,

Where  $P_Q$  – is an amount of point for qualification,  $P_{A1}$  and  $P_{A2}$  – is an amount of point for the first and second ascents respectively.

In case of two different teams have an equal amount of points; their placement is defined by the following consequential priorities:

- Higher sum of two routes' ratings
- Earlier ascent (day, hour) at the second summit.

Chief referee            Yakovenko A.N.

Chief scorer    Fedorov O.K.



## App. №1

### Penalties for qualification

<b>№</b>	<b>Safety violation</b>	<b>Penalty</b>
1	Not clipping in the judge's anchor point	Disqualification
2	Not changing the leader	+30 min
3	No helmet	Disqualification
4	Using relief outside the route (each time)	+6 min
5	No belay or belay interruption (If necessary judges can stop the team)*	+10 min
6	Improper belay (If necessary judges can stop the team)*	+5 min
7	Setting up protection point, that is more than 4m from the last one (If necessary judges can stop the team)*	+5 min
8	An accident that leads to a member's inability to move	+45 min
9	Fall, that stopped on a judge's protection point	+20 min
10	Fall, that stopped on a team's protection point	+15 min
11	Protection point slip out because of fall	+20 min
12	Using judge's protection point in purpose of AID climbing	+15 min

\*If it is necessary, in addition to the penalty time, judges can stop the team to set up belay, or correction of belay.

### Explanations

#### 1. No belay means:

- 1.1 Belayer quit hold of the rope, in case of a partner is not anchored; (except the case when belayer uses Petzl® Gri-Gri® or similar self-breaking device);
- 1.2 A team member is not belayed and/or not anchored to the belay station;
- 1.3 In rappel situation, the first team member has no top rope belay, or second team member has no prusik or similar friction knot or similar device.

#### 2. Improper belay means:

- 2.1 Belay without gloves or belay device (in case of belaying the leader);
- 2.2 All team members are anchored to one protection point;
- 2.3 Belay and rappel set up on one protection point;
- 2.4 Dangerous position of belayer/leader, that can lead to belayer's knocking down in case of leader's fall;
- 2.5 The rope is lower than team member's legs while she is toproping.
- 2.6 Self-belay loop (e.g. daisy chain) is longer than 1.5 meters
- 2.7 In climbing up the fixed rope situation, team member has made more than 3 moves without a protection device (e.g. "prusik" or similar friction knot or device)
- 2.8 In belay the second situation, the rope is not completely fed up and belayer is not anchored.
- 2.9 In belay situation, rope is not tied to the belay station or a team member
- 2.10 In rappel situation, free ends of a double rope are not knotted together.

Note: Advices and betas to the team ascending a mountain by a coach or team's representatives are forbidden. Otherwise, a team can be disqualified.

## **Set of Rules**

Of the Russian Mountaineering Federation's Open Mountaineering Cup of Russia (Caucasus Mountains, Uzunkol Valley, July 11-30)

### **3. Place and time intervals of the competition**

The competition will take place at the Uzunkol valley of the Caucasus Mountains. The competition is divided into two rounds, and will last from July 11 till July 30 2008, in accordance with the "Conditions of the Open Mountaineering Cup of Russia" and current "Rules".

If necessary, and in case of majority voting, the judging panel in association with team's representatives may change the following "Rules".

At the 1<sup>st</sup> round of the competition, teams in full muster are to take part in the Qualification.

At the 2<sup>nd</sup> round, teams are to ascent mountains. Team can choose a mountain that is in the special list, which comprises the names of the summits and corresponding route's ratings. The List will be confirmed by the Judges before the beginning of the competition.

### **2. Claims on competitors, conditions for permitting and the competition schedule.**

**July 11.** Alpine camp Uzunkol. Arrived team's registration. A team should have at least two radio transceivers of the same frequency. One of the transceivers should be at the judging panel or team representative. A team representative must inform the judging panel about status and location of the team after each radio communication session. Time of radio communication sessions will be defined for all teams before the second round of the competition. The judging panel will provide teams with photos of summits and descriptions of corresponding routes.

**July 12.** Before 11.45AM team members must give Chief referee the shortlist of members, copies of insurance policies, a list of ascended routes, verified by member's signatures, and fill in requisition forms.

**12 am.** Opening ceremony

**1:30 pm – 3 pm.** Credentials commission proceedings

**3:30 pm – 5 pm.** Proceedings of the judging panel and members, revision of the table of route ratings.

**6:30 pm – 7 pm.** The drawing procedure for the Qualification.

#### **July 13-14**

**9 am - 7 pm.** Qualification.

#### **C. The Qualification route.**

6. Before the beginning of the qualification, qualification route will be ascended by judges.
7. Distance between two team's nearby protection points should not exceed 4m (judge's pros should be clipped in anyway).
8. Teams may set up belay only at the special belay stations. Members may use protection at these stations in purposes of belay and self anchoring, provided the belay is correct. Rappel can be set up only at the special rappel points and biners.

#### **D. Qualification rules**

4. Before the beginning of Qualification, all competitors should be ready for climbing and belaying.
5. Each team member should lead at least one part of the qualification route. (The leader should be changed at least one time after ascending a full pitch). Leader is considered to be changed if the second climber has reached the belay station and

anchored to it.

6. The team is considered to finish the route only after the last member crossed the finish line with all her gear, or after the fall of the whole rappel rope.

A team, succeeded in Qualification may take part at the second round (ascent) at once.

Ascent requests are to be filled in a special form and given to the Chief Judge after the Qualification.

### **July 14-27, second round (ascents).**

Time of ascent beginning and finish is written down at the application by judges. Judges observe teams ascending the routes.

A team may ascent in any possible climbing style, but cannot set up protection before official beginning of the ascent. Descent routes will be defined before the beginning of the second round.

Team must provide the judging panel with a summary report of the ascent, so called "**Passport**" after each ascent. The Passport should be filled in before the second ascent. **Passport** should be attached with a special electronic card. Electronic card is to be registered at each control point at the route.

### **Order of ascent priorities is defined by the judging panel.**

In case of coincidence of two different team's ascent time at one route, the priority is defined upon the following factors:

- a. The earliest descent from the first route (in the following format: /day, hour, minute/);
- b. Drawing procedure.

### **July 27**

All teams must complete their programs and return to the base camp before 3 pm, and provide judging panel with filled in Passports of the final ascent.

### **3. Competition summing-up.**

#### **4.**

### **July 29**

**9 am – 11 am.** Judging panel's proceedings. Summing up.

Team placement is defined upon the sum of the points for **Qualification** and in accordance with the "**Valuation method of mountaineering competition**". Points' calculation for qualification comprises ascent speed and penalty points. Points' calculation for ascent includes route rating and ascent time (from beginning of the route to the summit). Team that earned maximum amount of point is the best.

In case of coincidence of two different team's amount of points, team placement is determined upon following factors:

- Higher sum of ratings of successfully ascended routes;
- Earlier ascent at each summit.

**12 am.** Declaration of the competition results. Closing ceremony

### **9. July 30. Competitors' departure**

#### **10.**

### **11. Special case**

In the second round, the ascent begins when the first member of a team crosses the start line (marked on a photo), that can be a bergschrund, or a crack, or, if there is no one, ascent begins when the first member of a team ascends more than 2m of the first pitch (R1).

Before the beginning of ascents, route ratings are qualified with team members. Any issue is to be solved by voting.

Command list may be changed only before the beginning of the first round. Team cannot change its list further. In case of force majeure (e.g. one member has got ill); change is possible, upon voting of the judging panel and team members. Member that's got ill cannot be restored in the command list. If a member is changed, the team gets -20% to the total amount of points for the qualification or ascents. In case of any other questions, not specified in the current "Rules", the decision is up to the judging panel, and involves discussion and voting with team members.

Chief referee            Korablin B.N.  
Chief scorer    Kavunenko R.V.

## Valuation method of mountaineering competition

J. Total amount of points for qualification is calculated by the following expressions:

$$P_Q = (2 \cdot T_b) / T_{tm}; \text{ and}$$
$$T_{tm} = t + T_p,$$

where  $P_Q$  – is the amount of points for the qualification

$t$ - is a time, elapsed for the ascent by a team

$T_b$  – is the best ascent time;

$T_{tm}$ - is a time, elapsed for the ascent by a team, comprising all penalties

$T_p$ -Penalty time (defined upon the table, app.1)

IV. Total amount of points for ascent  $P_A$  is calculated upon the following 3 groups of indexes, comprising:

1. Route characteristics (2 x R)

$R$  is for Rating, based upon the technical and tactical level of the route. Rating is defined before competition by the judging panel in association with team members.  $R$  is a conditional amount of days, that will take a harmonious team of three members to ascent the route.

In case of ascent made with deviations from the original route, rating is defined by the judging panel after descent, but not higher than former rating and not later than 2 hours after filling in the passport.

E.g. 10% deviation from the original route lowers total rating by 10% etc.

4.  $E_R$  is an exploration level of the route

=0,2 for the 2<sup>nd</sup> ascent

=0,1 for the 3<sup>rd</sup> ascent

=0 otherwise.

3.  $T_A$  is a multiplier for ascent time, where

$T_A$  is the ascent time, counted in days. Calculated as the total ascent time divided by 14 (amount of hours counted as a day).

$P_A$ , amount of point for the ascent, is calculated by the following expression:

$$P_A = 2 \times P + E_R - T_A \text{ (accurate to 2 decimal place)}$$

V. Team placement is defined by the sum of total points ( $P_T$ )

$$P_T = P_Q + P_{A1} + P_{A2},$$

Where  $P_Q$  – is an amount of point for qualification,  $P_{A1}$  and  $P_{A2}$  – is an amount of point for the first and second ascents respectively.

In case of two different teams have an equal amount of points; their placement is defined by the following consequential priorities:

-Higher sum of two routes' ratings

-Earlier ascent (day, hour) at the second summit.

Chief referee Yakovenko A.N.

Chief scorer Fedorov O.K.

## App. №1

### Penalties for qualification

<b>№</b>	<b>Safety violation</b>	<b>Penalty</b>
1	Not clipping in the judge's anchor point	Disqualification
2	Not changing the leader	+30 min
3	No helmet	Disqualification
4	Using relief outside the route (each time)	+6 min
5	No belay or belay interruption (If necessary judges can stop the team)*	+10 min
6	Improper belay (If necessary judges can stop the team)*	+5 min
7	Setting up protection point, that is more than 4m from the last one (If necessary judges can stop the team)*	+5 min
8	An accident that leads to a member's inability to move	+45 min
9	Fall, that stopped on a judge's protection point	+20 min
10	Fall, that stopped on a team's protection point	+15 min
11	Protection point slip out because of fall	+20 min
12	Using judge's protection point in purpose of AID climbing	+15 min

\*If it is necessary, in addition to the penalty time, judges can stop the team to set up belay, or correction of belay.

### Explanations

#### 3. No belay means:

- 3.1 Belayer quit hold of the rope, in case of a partner is not anchored; (except the case when belayer uses Petzl® Gri-Gri® or similar self-breaking device);
- 3.2 A team member is not belayed and/or not anchored to the belay station;
- 3.3 In rappel situation, the first team member has no top rope belay, or second team member has no prusik or similar friction knot or similar device.

#### 4. Improper belay means:

- 4.1 Belay without gloves or belay device (in case of belaying the leader);
- 4.2 All team members are anchored to one protection point;
- 4.3 Belay and rappel set up on one protection point;
- 4.4 Dangerous position of belayer/leader, that can lead to belayer's knocking down in case of leader's fall;
- 4.5 The rope is lower than team member's legs while she is top roping.
- 4.6 Self-belay loop (e.g. daisy chain) is longer than 1.5 meters
- 4.7 In climbing up the fixed rope situation, team member has made more than 3 moves without a protection device (e.g. "prusik" or similar friction knot or device)
- 4.8 In belay the second situation, the rope is not completely fed up and belayer is not anchored.
- 4.9 In belay situation, rope is not tied to the belay station or a team member
- 4.10 In rappel situation, free ends of a double rope are not knotted together.

Note: Advices and betas to the team ascending a mountain by a coach or team's representatives are forbidden. Otherwise, a team can be disqualified.